



Expedition Leader Training Course

2009



General Information

The Trekforce Expedition Leader Training Course (TELTC) is a new and unique programme designed to be inclusive of all abilities. It aims to deliver a comprehensive training package that sets the standard expected of a Trekforce Expedition Leader.

The course incorporates current recognised standards in leadership training, such as the Mountain Leadership Course (ML Summer - training). The TELTC also gives much needed training and experience for operating in remote overseas environments. Participants will benefit from Trekforce's extensive knowledge and expertise in working in such conditions and will be closely supervised by experienced Trekforce instructors and expedition leaders.

Duration –

- Approx 3 weeks: UK Based
- Approx 21 weeks: Belize Based

Start Dates:

2009

- 15th January (Depart Overseas 6th Feb)
- 19th June (Depart Overseas 11th July)

2010

- 15th January (Depart Overseas 6th Feb)
- 2nd July (Depart Overseas 24th July)

Cost - £6535. This includes all food, accommodation, registration and internal transport for the 6 month duration as well as the activities specified below.

Upon booking you will be given access to a personal webpage. In here, you will find most of the necessary information, such as kit list, medical suggestions and country information.

Application Information:

Trekforce encourages all those who believe they have what it takes to become a Trekforce expedition leader. Successful graduates may be offered full-time positions with Trekforce depending on performance and availability. Post-course employment is not guaranteed.



KEY FEATURES

- Initial base-line training in the UK followed by specialist training in Belize carried out by the leading provider of jungle expeditions.
- Rescue Emergency Care First Aid course. Meets the requirements of most National Governing bodies including Mountain Leader Training Board, British Canoe Union etc. The certificate is valid for 3 years.
- Development of the skills necessary to run expeditions for Trekforce and many other expedition providers.
- Learn the legal requirements, best practise issues in the overseas expedition industry.
- Regular 1 to 1 feedback with experienced expedition leaders to ensure you maximise this learning opportunity.
- Mountain Leader Training. A week long course which meets all the requirements of the Mountain Leader Training Board.
- Survival skills taught by the Belize army Jungle Warfare Instructors and experienced Expedition staff.
- Specialist jungle medical training run by British doctors whilst you are in Belize.
- Specialist 4X4 Training and experience.
- Opportunity to learn Spanish in Guatemala whilst managing a small group.
- Practical hands on training to develop your leadership skills by helping to manage groups.

Basic Itinerary

Here is a sample basic programme, which is subject to change to meet the requirements of individuals Trainees. A more detailed programme will be available in the personal pages.

UK TRAINING

The following will be covered in the UK before your departure

- Mountain Leader Training Course. Run by Blue Peris in North Wales it meets all the requirements laid down by the Mountain Leader Training Board.
- Rescue Emergency Care First Aid course. Meets the requirements of most National Governing bodies including Mountain Leader Training Board, British Canoe Union etc. The certificate is valid for 3 years.
- The role of the Expedition Leader including legislation, best practise, legal requirements and financial issues
- Expedition Planning including Risk Assessments, Communication plans, Casualty Evacuation Plans
- Mountain craft including navigation, campcraft, nutrition, fitness and environmental issues.
- Group Management issues including individual management, team management, Reviewing, Communication, presentation and managing conflict.
- During this time there will be a number of assessments. At the end of the programme there will be an opportunity to resit any that you may have failed.

BELIZE

- Week 1 – Basic jungle training run by Jungle warfare instructors and experienced expedition staff. This is the same basic training as all our groups receive in Belize and covers a range of topics including Jungle Navigation, Machete use, river crossings, basic first aid, Health and Hygiene and finishes with a solo night where individuals camp alone.
- Week 2 – Jungle Trek. The trek will be led by experienced Expedition Leaders and local guides. The trek will develop your jungle skills so that you can help lead treks later in the programme.
- Week 3 – Jungle Skills Development. This week will develop the skills you learnt in weeks 1 and 2. These sessions will be led by experienced expedition leaders and Belize Army Jungle Warfare Instructors. The main focus will be upon advanced jungle navigation, building shelters, animal traps and advanced river crossings.

- Week 4 – Medical Care Skills Development. This week will develop the skills you learnt in the UK. You will be trained by British Doctors with the emphasis on Far from help care and Tropical diseases. This week will also include the various communication methods, Search and Rescue and Casualty Evacuations. There will also be a number of practise scenarios during this week.
- Week 5 – Trek. This will be working with the main group of Trekkers. You will assist in the Leading of the Trek and develop your skills and knowledge in this area.
- Week 6 – British Army Training. This element is run by jungle specialists from the British army. It will cover jungle survival techniques and the use of helicopters in casualty evacuations.
- Weeks 7 & 8 – managing projects. In the first week you will be with the main group seeing how projects are run. During the second week you will take over running certain aspects of the programme.

From weeks 9 onwards the programme becomes more fluid, as you will tend to operate in pairs. Therefore the programme will be different for each person. However the following is a possible programme

- Weeks 9 & 10 – Guatemala. Go with the main group to Guatemala to manage their stay. You will have the opportunity to have one to one Spanish classes during this period.
- Weeks 11 & 12 - manage new groups. During this 2 week period you will prepare for the new groups arrival. This will include budgeting, planning, rations etc. During the 2nd week you will run sessions during their jungle training.
- Weeks 13, 14 & 15 – new projects and treks. During this 3 week period you will work in Belize to identify potential new treks. You will produce a report which will involve doing risk assessments, Communications Plans, Casevac plans, budgets etc. Also during this period you will either work in Belize or Guatemala to identify potential new projects for individuals who book trips through Gapforce.
- Weeks 16 – 21 – managing groups. During this period you will be heavily involved in managing the main group. This will involve helping run the trek, managing the project etc.

Week 24 – Review. During this final week you will receive final feedback and get your graduation certificate,

NOTE: Due to the nature of the work, the location and conditions in which the course is run the details described above should be regarded as a general indicator of the intended timeframe. Elements may change in content and duration depending circumstances encountered. A key skill for an Expedition Leader is to be able to adapt to changing situations and adapt, modify and improvise as necessary. These qualities will be part of your assessment.